

Spareribs Always a Favorite

Synonymous with a winter day — that describes spareribs. Serve them in a sweet-sour sauce for an exciting, different dish for your family.

Here's how to prepare this combination. First, cut the rack of spareribs into individual ribs. Then brown the meat thoroughly in a heavy frying pan. Next, remove the ribs from the pan and pour off all but 2 tablespoons of the drippings.

To make the sweet-sour sauce, stir 2 tablespoons of flour into the drippings, then add 2 cups of meat stock. Cook, stirring constantly until the sauce is thickened. To this sauce add 4 tablespoons of vinegar, 2 tablespoons of brown sugar, 1 bay leaf, 1/2 teaspoon of thyme, 2 whole cloves. Season to taste with salt and pepper. Add the ribs to the sauce, then cover and simmer for about 45 minutes.

Souffle Salad Something New And Different

The other evening we attended an elegant buffet dinner and were introduced to a new gelatin type salad. It was so good that we fixed it (in fact two of them) for the family two evenings later. The family thought the salads were superb and we think you'll agree.

You'll find the possibilities unlimited for souffle salads can serve as appetizer, entree side dish or dessert! The secret and the newness is in the combination of mayonnaise and lime or lemon gelatin plus a quick freezing technique which makes it possible to prepare this molded salad in not much over an hour.

We tried lobster, celery, green papper and onion in our first one.

Souffle Salad

- 1 package lime or lemon gelatin
- 1 cup hot water
- 1/2 cup cold water
- 1 to 2 tablespoons vinegar or lemon juice
- 1/2 cup real mayonnaise
- 1/4 teaspoon salt
- Dash of pepper
- 1 cup canned or cooked fresh lobster (cut in bite size pieces)
- 1/2 cup chopped celery
- 2 tablespoons chopped Bell pepper
- 1 tablespoon chopped green onion or chives

Dissolve gelatin in hot water. Add cold water, lemon or vinegar, mayonnaise, salt and pepper. Beat well with rotary beater. Pour into refrigerator freezing tray. Quick-chill in freezing unit (without changing control) 15 to 20 minutes, or until firm about 1 inch from edge but soft in center.

While mixture is chilling, prepare lobster, celery, peppers and onions. Turn chilled mixture into bowl and beat with beater until fluffy. Fold in remaining ingredients. Mix, then pour into 1-quart mold or individual molds. Chill until firm in the refrigerator, but do not return to the freezing unit. Should take 30 to 60 minutes. Unmold, garnish with salad greens and serve with any favored salad dressing.

Souffle Salad Variations

You are probably already thinking of innumerable variations that you would like to try. Well, go ahead. To our second salad we added drained grapefruit segments, avocado and chopped walnuts. Any preferred combination of fruits, vegetables, meat or fish in the proportion of 1 to 2 1/2 cups per recipe of gelatin mixture will work well.

Seasoning Note

When making vegetable and meat salads add 1/2 to 1 tablespoon finely chopped onion or chives. When making fruit salads, omit pepper.

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Salmon Slaw Good For Lenten Lunches

Salmon, prized for its flavor, its color and its nutritional richness, is considered the king of food fish. Time was when salmon's delicacy was available only to those living near the coast, but now it can be universally enjoyed in canned form.

National Canned Salmon Week is February 18 to 25. You can buy salmon of five different species in cans: King or Chinook, Red or Sockeye, Coho, Pink and Chum. Nutritionally, each species offers the same essential vitamins and minerals. The main difference is in color, Chinook and Sockeye both being a deep red color and the other three a pale pink. In texture, pink has a larger flake than red.

Salmon Slaw makes a fine main dish salad for Lenten lunches. You'll enjoy its refreshing taste.

- Salmon Slaw**
- 1 1-lb. can salmon, flaked
 - 2 cups shredded cabbage
 - 1/2 cup diced celery
 - 1/4 cup chopped, green pepper, or drained pickle relish
 - 1 tablespoon lemon juice
 - 1/2 teaspoon salt
 - 1/4 teaspoon tabasco
 - 1/2 cup mayonnaise or salad dressing
- Salad greens**
- Combine salmon, shredded cabbage, celery and green pepper or pickle relish. Mix together lemon juice, salt, tabasco and mayonnaise; add to salmon mixture and toss lightly. Serve on salad greens. If desired, serve in avocado halves or as filling for tomatoes. Yield: 6 servings.

Broiled Lamb Patties, Fruit

For a serving that's quickly prepared and a sure hit on your table, it's lamb patties. These ground meat patties are broiled, lending themselves to many variations.

The basic preparation is this according to meat expert Reba Stags. Place the patties on your broiler rack and adjust the pan so that the top of the patties is about 2 inches from the heat. This way they will broil at a moderate temperature. When the patties are brown on one side—about 8 to 10 minutes—turn, and broil them on the second side.

As for variations, lamb is always good with fruit. Grill pineapple rings, melba peach halves

Braise the Meat to Vary Dinner Dish

Introducing new dishes to your family can be fun. In the case of this dish the variation is in the cooking. Instead of preparing meat cubes as a stew, or pear halves along with the meat. A broiler meal is another choice. For one serving, combine 2 cups of boiled rice and 1 can of tomato soup. Spread this mixture in the broiler pan and place drained green beans around the edge. Arrange the patties over the rice and broil first on the one side, then on the other.

braise them.

Your choice of meat cubes for braising includes beef, veal, pork and lamb. A second choice is that of the cooking liquid. For beef or veal cubes, tomato juice or soup, condensed mushroom soup or split pea soup might be used.

Fruit juices such as apple juice, pineapple, peach, or cranberry juice are especially good with pork or lamb cubes. Milk, sour cream or water may be used for any of these meats, too.

The initial step in braising is to give the meat a golden brown coating. Do this slowly so that the brown will stay on the meat throughout cooking. Next, add the cooking liquid. Keep the liquid at a minimum. Start with from 1/4 to 1/2 cup. More may be added as needed during cooking. Cover the meat closely and

let it simmer until tender. Vegetable large pieces, may be added to the meat if desired.

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